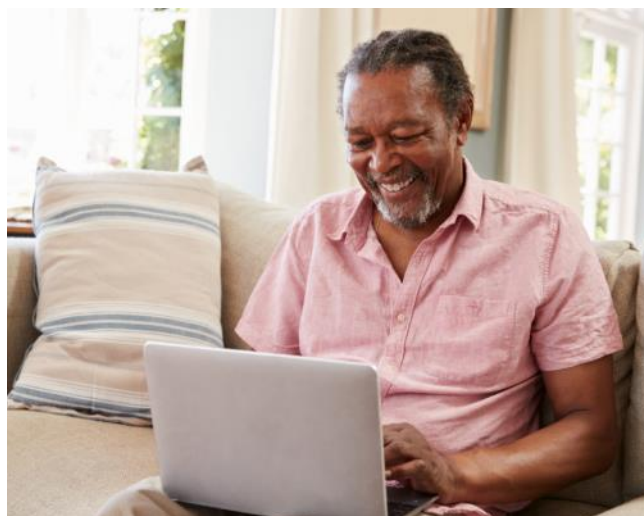
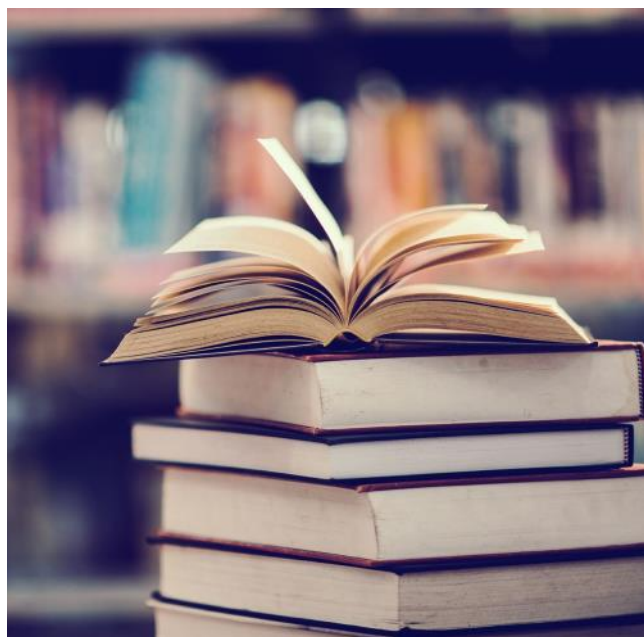


HOWARD COUNTY OFFICE ON AGING AND INDEPENDENCE



VIRTUAL PROGRAMS April 2021

 Howard County Office on
Aging and Independence
Department of Community Resources and Services

Please note the new password for all
FREE PROGRAMS is hoCo50+

LEARN—LAUGH—READ—COOK—CRAFT—EXERCISE—LISTEN—CONNECT

Welcome to Virtual Programs for April. This month we celebrate Earth Day with a special vegetarian luncheon catered by Royal Taj in Columbia, it's planned for Tuesday April 20th, reservations are required and can be made by calling 410.313.1234, (voice/relay) between April 5-9th. Note: Earth Day related programming is highlighted in green. We are excited to announce a second American Visionary Arts Museum Mosaic project, that upon completion will be installed at the Glenwood 50+Center. The kick off is April 16th at 10 am and is open to all center members, details on page 24. Law Day is April 30th and includes a 45 minute presentation followed by individual appointments. The presentation is open to all but appointments require pre-registration, details on page 22. As always, we welcome your feedback and input on our programming, please use the email Virtual50@howardcountymd.gov to share.

Frequently Asked Questions

Table of Contents	Page
At a Glance Calendar	3-7
\$ Fitness Pass Classes	8-10
\$ Exercise Programs	11
\$ Personal Training	11
\$ Exercise Consultations	11
Free Exercise Classes	12
Arts & Music	13
Computers & Technology	14
Food, Nutrition, Cooking	14, 15
Health & Wellness	16
History, Current Events	17, 18
Hobbies - Home - Garden	18, 19
Literature - Theater	20
Science & Nature	21
Social Engagement	21
Support Resources	22
SeniorsTogether Programs	23
Travel	22
WebEx Tips	26

How do I sign up for the Paid Fitness Class Pass? To register for the \$50 monthly fitness pass that includes 26 weekly classes, you can call 410.313.1400 or 410.313.5440 (voice/relay) Monday - Friday between 10 am - 2 pm. Those registering by 2 pm, March 31st will receive the links and passwords for April later that afternoon. To register on-line using your Active Net account: Search: Virtual 50+ Exercise Classes/A02490.202 on the Active Net site: <https://apm.activecommunities.com/howardcounty/> April A02490.301 - May A02490.302 - June A02490.303. Passes purchased after the 15th of the month have a reduced fee.

How do I learn to use WebEx? Staff are available for one on one sessions to walk you through the platform, answer questions and get you into our virtual world. To set up an appointment, email Virtual50@howardcountymd.gov If you have a landline you could call into certain programs and still be engaged.

Do I have to live in Howard County to participate? No you do not, anyone can join in our virtual offerings.

How can I get the newsletter sent to my inbox? Just click on this link to sign up in Constant Contact. [CONSTANT CONTACT SIGN UP](#)

NOTEWORTHY

- The Howard County Covid-19 hotline # is 410-313-6284
- The Office of Human Rights is holding a tea March 31st - Watch for details in the Weekly Highlights.
- Programs by our community partners can be found on page 25.



WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<div>1</div> <div>POWER 8:30 AM Go to Page</div> <div>LIVE FROM CENTER STAFF BAIN 9:30 AM Go to Page</div> <div>FOUNDATIONS OF MOVEMENT 9:30 AM Go to Page</div> <div>SENIORS TOGETHER NEWS TALK 10 AM Go to Page</div> <div>ZUMBA GOLD 10:30AM Go to Page</div> <div>OPENING DAY GO O'S 11 AM Go to Page</div> <div>NUTRITION EDUCATION 12 PM Go to Page</div> <div>SEATED STRENGTH AND BALANCE 12 PM Go to Page</div> <div>SENIORS TOGETHER BRAIN TEASERS 12:30 PM Go to Page</div> <div>BOOK CLUB 1 PM Go to Page</div> <div>CHAIR YOGA 1:30 PM Go to Page</div> <div>ACTIVE YOGA 5:45 PM Go to Page</div>	<div>2</div> <div>CLOSED</div> <div>GOOD FRIDAY</div> <div>HOLIDAY</div>
--	--	--	---	--

SATURDAY

<div>3</div> <div>NO CLASS</div>



\$ Paid Fitness Pass Classes



\$ Paid Fitness Programs



Free Programs

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY THURSDAY

FRIDAY

<p>5 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>CONNECTIONS COFFEE 9:30 AM Go to Page</p> <p>MINDFUL MONDAYS 9 AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>SENIORS TOGETHER THINK POSITIVE GROUP 1 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 1 PM Go to Page</p> <p>POETRY WITH SIERRA 2 PM Go to Page</p> <p>BAYWISE LANDSCAPING MASTER GARDENERS 3 PM Go to Page</p> <p>BEGINNER SOUL LINE DANCE 3 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>6 POWER 8:30 AM Go to Page</p> <p>LIVE FROM CENTER STAFF EAST COLUMBIA 9:30 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>SENIORS TOGETHER MEN'S ROUNDTABLE 10 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>BALTIMORE MUSEUM OF INDUSTRY 11 AM Go to Page</p> <p>CONNECTIONS CORNER 11 AM Go to Page</p> <p>SEATED TAI CHI 12 PM Go to Page</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM Go to Page</p> <p>BALANCE 4 ALL 1 PM Go to Page</p> <p>COOKING WITH AN INSTA POT 2 PM Go to Page</p>	<p>7 KICKBOXING 8 AM Go to Page</p> <p>QI GONG 9 AM Go to Page</p> <p>MEDITATION 9:15 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>MAT PILATES 11:15 AM Go to Page</p> <p>SITTERCIZE 1 PM Go to Page</p> <p>LIVE FROM CENTER STAFF ELLICOTT CITY 1 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 1 PM Go to Page</p> <p>HEALTHY LIVING FOR BRAIN AND BODY 1 PM Go to Page</p> <p>MAP: TAX CREDITS 3 PM Go to Page</p> <p>FIGURE OUT YOUR PHONE 3:30 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>8 POWER 8:30 AM Go to Page</p> <p>LIVE FROM CENTER STAFF BAIN 9:30 AM Go to Page</p> <p>FOUNDATIONS OF MOVEMENT 9:30 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 AM Go to Page</p> <p>MUSIC & MEMORIES 11 AM Go to Page</p> <p>TED TALK 11 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>SENIORS TOGETHER BRAIN TEASERS 12:30 PM Go to Page</p> <p>CHAIR YOGA 1:30 PM Go to Page</p> <p>PAPER CRAFTING 2 PM Go to Page</p> <p>ACTIVE YOGA 5:45 PM Go to Page</p>	<p>9 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>LIVE FROM CENTER STAFF NORTH LAUREL 9:30 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>POWER 10:30 AM Go to Page</p> <p>STITCH & GIVE 11 AM Go to Page</p> <p>FUNCTIONAL FITNESS 11:30 AM Go to Page</p> <p>SENIORS TOGETHER TRENDERS 1 PM Go to Page</p> <p>BALANCE 4 ALL 1 PM Go to Page</p> <p>NATIONAL PARK SERIES BRYCE CANYON 2 PM Go to Page</p>
--	---	--	--	---

SATURDAY

10

HATHA YOGA

9:30 AM

[Go to Page](#)



\$ Paid Fitness Pass Classes



\$ Paid Fitness Programs



Free Programs

WEEK AT A GLANCE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>12 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>CONNECTIONS COFFEE 9:30 AM Go to Page</p> <p>MINDFUL MONDAYS 9 AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 AM Go to Page</p> <p>GENEALOGY WITH DOTTIE ALESHIRE 11 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>SENIORS TOGETHER THINK POSITIVE GROUP 1 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 1 PM Go to Page</p> <p>TASTY TIDBITS SPRINGTIME SALADS 2 PM Go to Page</p> <p>BEGINNER SOUL LINE DANCE 3 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>13 POWER 8:30 AM Go to Page</p> <p>LIVE FROM CENTER STAFF EAST COLUMBIA 9:30 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>SENIORS TOGETHER MEN'S ROUNDTABLE 10 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>CONNECTIONS CORNER 11 AM Go to Page</p> <p>SEATED TAI CHI 12 PM Go to Page</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM Go to Page</p> <p>FOODS FOR A HEALTHIER PLANET 1 PM Go to Page</p> <p>BALANCE 4 ALL 1 PM Go to Page</p> <p>CANCER FOCUS 2 PM Go to Page</p> <p>MANAGING CHRONIC STRESS 2 PM Go to Page</p>	<p>14 KICKBOXING 8 AM Go to Page</p> <p>QI GONG 9 AM Go to Page</p> <p>MEDITATION 9:15 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30AM Go to Page</p> <p>MAT PILATES 11:15 AM Go to Page</p> <p>SITTERCIZE 1 PM Go to Page</p> <p>LIVE FROM CENTER STAFF ELLICOTT CITY 1 PM Go to Page</p> <p>THE STALINGRAD CAMPAIGN 1 PM Go to Page</p> <p>ASK THE OFFICER 1 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 1 PM Go to Page</p> <p>IRIS MUSIC PROJECT 2 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>15 POWER 8:30 AM Go to Page</p> <p>LIVE FROM CENTER STAFF BAIN 9:30 AM Go to Page</p> <p>FOUNDATIONS OF MOVEMENT 9:30 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>ASK THE NUTRITION EXPERT 12 PM Go to Page</p> <p>SENIORS TOGETHER BRAIN TEASERS 12:30 PM Go to Page</p> <p>FOOD TRADITIONS AND SHORTAGES IN THE SOUTH, 1800'S 1 PM Go to Page</p> <p>DIY SPRING PILLOWS 2 PM Go to Page</p> <p>CHAIR YOGA 1:30 PM Go to Page</p> <p>ACTIVE YOGA 5:45 PM Go to Page</p>	<p>16 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>LIVE FROM CENTER STAFF NORTH LAUREL 9:30 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>POWER 10:30 AM Go to Page</p> <p>STITCH & GIVE 11 AM Go to Page</p> <p>AVAM SPRING MOSAIC INFORMATIONAL SESSION 10:am Go to Page</p> <p>FUNCTIONAL FITNESS 11:30 AM Go to Page</p> <p>MUCH ADO ABOUT HAIKU 12 PM Go to Page</p> <p>SENIORS TOGETHER TRENDERS 1 PM Go to Page</p> <p>BALANCE 4 ALL 1 PM Go to Page</p> <p>NAME THAT TUNE 3 PM Go to Page</p>
---	--	---	--	--

SATURDAY

<p>17 HATHA YOGA 9:30 AM Go to Page</p>
--

■ \$ Paid Fitness Pass Classes
 ■ \$ Paid Fitness Programs
 ■ Free Programs

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY THURSDAY

FRIDAY

<p>19 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>CONNECTIONS COFFEE 9:30 AM Go to Page</p> <p>MINDFUL MONDAYS 9 AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 AM Go to Page</p> <p>ARTIST TRADING CARD SWAP 11 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>SENIORS TOGETHER THINK POSITIVE GROUP 1 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 1 PM Go to Page</p> <p>BEGINNER SOUL LINE DANCE 3 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>20 POWER 8:30 AM Go to Page</p> <p>LIVE FROM CENTER STAFF EAST COLUMBIA 9:30 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>SENIORS TOGETHER MEN'S ROUNDTABLE 10 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>CONNECTIONS CORNER 11 AM Go to Page</p> <p>SEATED TAI CHI 12 PM Go to Page</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM Go to Page</p> <p>THINK ABOUT FLYING A DRONE 1 PM Go to Page</p> <p>BALANCE 4 ALL 1 PM Go to Page</p> <p>TINY BOOK CLUB 3 PM Go to Page</p>	<p>21 KICKBOXING 8 AM Go to Page</p> <p>QI GONG 9 AM Go to Page</p> <p>MEDITATION 9:15 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>SPRING GARDENING WITH CARRIE ENGEL 11 AM Go to Page</p> <p>MAT PILATES 11:15 AM Go to Page</p> <p>SITTERCIZE 1 PM Go to Page</p> <p>LIVE FROM CENTER STAFF ELLICOTT CITY 1 PM Go to Page</p> <p>BASICS OF EMERGENCY PREPAREDNESS 1 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 1 PM Go to Page</p> <p>CHOCOLATE CHIP COOKIE BAKE-OFF 2 PM Go to Page</p> <p>FIGURE OUT YOUR PHONE 3:30 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>22 POWER 8:30 AM Go to Page</p> <p>LIVE FROM CENTER STAFF BAIN 9:30 AM Go to Page</p> <p>FOUNDATIONS OF MOVEMENT 9:30 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 Go to Page</p> <p>TED TALK 11 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>SENIORS TOGETHER BRAIN TEASERS 12:30 PM Go to Page</p> <p>LIBRARY EBOOK AND AUDIOBOOK OVERVIEW 1 PM Go to Page</p> <p>CHAIR YOGA 1:30 PM Go to Page</p> <p>ACTIVE YOGA 5:45 PM Go to Page</p>	<p>23 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>LIVE FROM CENTER STAFF NORTH LAUREL 9:30AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>POWER 10:30 AM Go to Page</p> <p>STITCH & GIVE 11 AM Go to Page</p> <p>DAR MUSEUM 11 AM Go to Page</p> <p>FUNCTIONAL FITNESS 11:30 AM Go to Page</p> <p>SENIORS TOGETHER TRENDERS 1 PM Go to Page</p> <p>COVID VACCINE TALK WITH KELLY KESSLER 1 PM Go to Page</p> <p>BALANCE 4 ALL 1 PM Go to Page</p>
---	--	--	--	---

SATURDAY

24

HATHA YOGA
9:30 AM [Go to Page](#)

■ \$ Paid Fitness Pass Classes
 ■ \$ Paid Fitness Programs
 ■ Free Programs

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>26 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>CONNECTIONS COFFEE 9:30 AM Go to Page</p> <p>MINDFUL MONDAYS 9 AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>SENIORS TOGETHER THINK POSITIVE GROUP 1 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 1 PM Go to Page</p> <p>DINING WITH DIABETES 1 PM Go to Page</p> <p>GENEALOGY 2 PM Go to Page</p> <p>BEGINNER SOUL LINE DANCE 3 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>27 POWER 8:30 AM Go to Page</p> <p>LIVE FROM CENTER STAFF EAST COLUMBIA 9:30 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>SENIORS TOGETHER MEN'S ROUNDTABLE 10 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>CONNECTIONS CORNER 11 AM Go to Page</p> <p>TECH TUESDAY 11 AM Go to Page</p> <p>SEATED TAI CHI 12 PM Go to Page</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM Go to Page</p> <p>BALANCE 4 ALL 1 PM Go to Page</p> <p>EXPLORING DENMARK AND THE NETHERLANDS 2 PM Go to Page</p>	<p>28 KICKBOXING 8 AM Go to Page</p> <p>QI GONG 9 AM Go to Page</p> <p>MEDITATION 9:15 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>MAT PILATES 11:15 AM Go to Page</p> <p>SITTERCIZE 1 PM Go to Page</p> <p>LIVE FROM CENTER STAFF ELLICOTT CITY 1 PM Go to Page</p> <p>MICRO GREENS MASTER GARDENER 1 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 1 PM Go to Page</p> <p>SIX WORDS TO HONOR OUR MOTHERS 2:30 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>29 POWER 8:30 AM Go to Page</p> <p>LIVE FROM CENTER STAFF BAIN 9:30 AM Go to Page</p> <p>FOUNDATIONS OF MOVEMENT 9:30 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>SENIORS TOGETHER BRAIN TEASERS 12:30 PM Go to Page</p> <p>EARTH DAY AT THE NATIONAL ARBORETUM 1PM Go to Page</p> <p>CHAIR YOGA 1:30 PM Go to Page</p> <p>ACTIVE YOGA 5:45 PM Go to Page</p>	<p>30 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>LIVE FROM CENTER STAFF NORTH LAUREL 9:30AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>LAW DAY INFORMATIONAL SESSION 10 AM Go to Page</p> <p>POWER 10:30 AM Go to Page</p> <p>STITCH & GIVE 11 AM Go to Page</p> <p>FUNCTIONAL FITNESS 11:30 AM Go to Page</p> <p>SENIORS TOGETHER TRENDERS 1 PM Go to Page</p> <p>BALANCE 4 ALL 1 PM Go to Page</p>
--	--	--	--	--



\$ Paid Fitness Pass



\$ Paid Fitness Program



Free Programs

\$ Fitness Pass Classes

Floor, Core and More

Mondays and Fridays, 8 am

This class targets challenging areas of the body: thighs, abs and backside. Tighten, tone and strengthen those core areas. Class predominantly done on the floor.

Taught by Michelle Rosenfeld

Mindful Mondays

Mondays, 9 am

A fusion class that combines gentle, guided meditation with light yoga stretches. A great way to incorporate mindfulness into your daily life.

Taught by Connie Bowman

Zumba Gold

Mondays and Thursdays, 10:30 am

**Taught by Courtney Bracey, Mondays
Jackie Jones, Thursdays**

Seated Strength and Balance

Mondays and Thursdays, 12 noon

This class is for those who prefer a seated workout with the option for standing/balancing exercises. Class will use dumbbells to improve strength and overall mobility as we move to fun music.

Taught by Michelle Rosenfeld

Circuit Conditioning

Mondays and Wednesdays, 5:45 pm

This class combines the best of both worlds: strength and cardio. Raise your heart rate during cardio so your muscles can receive the most benefit when followed by strength training routines. Strength exercises will help to increase lean muscle mass, while cardio helps to improve cardiovascular function. Have dumbbells or household equivalent available for strength training. Modifications available for all exercises.

Taught by Michelle Rosenfeld

Power

Tuesdays and Thursdays, 8:30 am

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up and utilizes hand held weights to improve your body composition & increase lean muscle mass.

Taught by Michelle Rosenfeld

Cardio and Core Class

Tuesdays and Fridays, 9:30 am

Exercises to get your body moving at home, designed for those who are looking for a low-impact cardio class to get your heart pumping while strengthening your core.

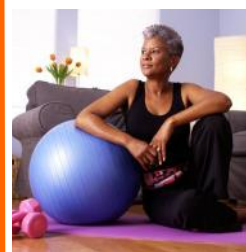
Taught by Pam Beck

Yoga with Mary

Tuesdays, 11 am

Join Mary for a series of weekly yoga classes; topics will vary. You will need a mat, and a strap or bathrobe tie. We will mostly be standing up in this flowing class.

Taught by Mary Garratt



\$ Fitness Pass Classes

Seated Tai Chi

Tuesdays, 12 pm

This seated class will introduce participants to the Chinese exercise forms of Tai Chi & Qi Gong. Easy-to-follow movements will improve your body awareness, strengthen your joints and muscles, and help you develop a state of mental quietness and relaxation. A chair without arms, water, and patience will make your Tai Chi experience healthy, rewarding, and enjoyable.

Taught by Charles Toth

Balance 4-All

Tuesdays, Fridays, 1 pm

This class combines a perfect blend of balance, flexibility, posture, strength and agility. With the use of dumbbells (or any other household substitute) and a chair, you will work your way to being better equipped to perform routine activities of daily living (ADL) and decrease your risk of falling.

Taught by Margaret Wolf: Tuesdays
Allison Harmon: Fridays

Kickboxing

Wednesdays, 8 am

Start kickin' it with this introductory cardio kickboxing class. Learn basic punches and kicks and put them into easy to follow combinations. This total body workout increases strength and cardio-vascular fitness. Class conducted at low-impact level.

Taught by Michelle Rosenfeld

Qi Gong

Wednesdays, 9 am

This class includes a gentle warm-up to open the joints in preparation for the Qi Gong practice which relaxes the body, focuses the mind, calms the nerves, and reduces the ill effects of stress. Come as you are and enjoy the simple yet profound experience of Qi Gong for harmonizing mind, body, and spirit. Open to all levels, no experience or special equipment required. Water and chair are recommended.

Taught by Jessica Koch

Mat Pilates

Wednesdays, 11:15 am

Using the abdominal exercises of fitness pioneer Joseph Pilates we re-awaken core muscles and breathe life back into the spine, and return balance, stability, and flexibility to our bodies. Suitable for those who can get up and down from the floor safely. Yoga or Pilates mat highly recommended.

Taught by Maggie Lockhart

Foundation of Movement

Thursdays, 9:30 am

This class helps to build a solid core foundation upon which to improve overall balance, stability, flexibility and movement. Exercises are drawn from Yoga, Pilates, and basic strength classes. This class is primarily done on the floor with options for standing or sitting. Recommended equipment: mat, water, small ball or pillow, and a yoga strap or towel.

Taught by Bob McDowell



\$ Fitness Pass Classes

Chair Yoga

Thursdays, 1:30 pm

Experience the benefits of yoga with the security of a chair. Increase the strength, flexibility, and balance through standing and seated postures. Yoga helps to relieve tension, improve breathing, and promotes an overall sense of well-being.

Taught by Lisa Rados

Active Yoga

Thursdays, 5:45 pm

This yoga class will keep you moving. Flow continuously through sequences of traditional Sun Salutations and standing postures, link breath with movement, and work to build strength and endurance while you improve balance and flexibility. Ability to get up from the floor is recommended.

Taught by Bev Ludwig

Power

Fridays, 10:30 am

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up and utilizes hand held weights to improve your body composition & increase lean muscle mass.

Taught by Michelle Rosenfeld

Functional Fitness

Fridays, 11:30 am

This class will give you a workout to be better prepared for activities of daily living (ADL). With the use of dumbbells (or any other household substitute), you will train specific muscles to help you perform regular activities of daily living safely and effectively. Focus will be on strengthening, balancing, and stretching.

Taught by Robbie Compson

Hatha Yoga

Saturdays, 9:30 am

The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow paced stretching.

Taught by Mary Garratt



\$ Paid Fitness Programs

Arthritis Foundation Exercise

Mondays and Wednesdays, 1 pm

Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range of motion exercises that are suitable for every fitness level and ability. Led by a trained program leader. Suitable for participants diagnosed with arthritis. Fee to participate, registration required. For more information contact mburgess@howardcountymd.gov or call **410.313.5440 to register.**

(This program is partially funded under Title III-D of the Older Americans Act of 1965. Individuals 60 and over are encouraged to make the suggested donation to ensure viability of the program. Those 59 and under pay the actual cost).

~~I'm tired~~
~~It's too cold~~
~~It's too hot~~
~~It's raining~~
~~It's too late~~
Let's go

\$ Personal Training

Want to get started with a healthy exercise routine but you don't know where to begin? Consider looking to us for one on one exercise. Virtual Personal Training is available by appointment. Sessions are 30 minutes w/first session being 45 minutes.

Cost:

Single Session: **\$45**

4 Session Package: **\$160**

8 Session Package **\$299**

Appointment Times:

Mondays 1 - 5 pm

Wednesdays 10 am – 1 pm

Fridays 3 – 6 pm

Call 410.313.1400 to register.

\$ Exercise Consultations

Are you looking for guidance on starting or changing an exercise routine? Schedule a one-on-one, 30-minute virtual consultation with our Exercise Specialist, Malarie Burgess. We will work together to tailor a fitness plan best suited to your needs from the comfort of your own home. All available April appointment times are listed in the registration link, you will select your appointment at checkout. Contact mburgess@howardcountymd.gov or 410-313-6073 with questions. Registration link: https://anc.apm.activecommunities.com/howardcounty/daycare/program/558?onlineSiteId=0&from_original_cui=true&online=true or activity number A05490.801.

Cost: \$15 per session



Free Fitness Classes

Strength Training

Mondays, Wednesdays, 10 am

A workout that uses body weight and light hand weights in low impact movements to strengthen the major muscles in the body.

Taught by Leah Daniels

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m40e401d918890b9160accf8dd1948df3>

Meeting number: 160 580 3056

Password: hoCo50+

Beginner Soul Line Dancing

Mondays, 3 pm

This beginner soul line dance class involves step-by-step instruction for choreography and concludes with dances performed to pop and rhythm and blues music. Multiple dances will be performed within the hour.

Taught by Jessie Barnes

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m43dc5d91ab257380b656a01a814dcbed>

Meeting number: 160 527 9847

Password: hoCo50+

Meditation with Marian

Wednesdays, 9:15 am

New Time

Studies found meditation may have health benefits, including reducing blood pressure and easing symptoms of anxiety, depression and insomnia. While meditation is not a "relaxation" practice, you may find that it has the side effect of relaxing you. Join Marian as we explore different styles of meditation.

Taught by Marian Condon

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me61e17c058ab6a0f91ab018d56e9e3b9>

Meeting # 157 323 9800

Password: hoCo50+

Sittercize

Wednesdays, 1 pm

A 45-minute class for those who prefer a seated workout as well as those who may want some moderate standing exercise. Easy-to-follow moves will help you maintain and improve your strength and mobility while exercising to fun and upbeat music. Light hand weights, soup cans or water bottles are optional.

Taught by Marianne Larkin

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m690e4bc68c9341cccd62c061ba91d791>

Meeting number: 160 070 1000

Password: hoCo50+



Arts & Music

Music and Memories

Thursday, April 8, 11am

Listening to music can benefit your overall well-being, help regulate emotions, create happiness and relaxation in everyday life. Join singer and guitarist Mary Ann McAllister for a fun and engaging live music program. Mary Ann picked up her first guitar and started playing at a very young age and hasn't put it down since!

Presented by Mary Ann McAllister and hosted by the Connections Day Staff

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m6aa9ba0cd239566980c955d1819c02f>

Meeting # 172 621 2516

Password: hoCo50+

Spring Mosaic Project Introduction Meeting with AVAM

Friday, April 16, 10 am

Join us for an overview and information on our Spring Mosaic project. Details on page 24.

Presented by Joe Wall and Beka Plum

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mbbe9296e077482d716208bcb3f748b6f>

Meeting #157 003 4427

Password: hoCo50+

Iris Music Project: Breaking Down the Barriers of Classical Music

Wednesday, April 14, 2pm

Are you interested in learning more about classical music, but unsure where to start? Join pianist Jiyoung Oh and her Iris Music Project colleagues Lauren Latessa (cello) and Abby Armbruster (violin), for this two-part introduction into its beautiful world. Bring your questions and ideas for the up close and personal look into the music, instruments and musicians behind the classical music scene! This two -series will meet April 14 and May 12 at 2:00 pm.

Presented by the Iris Music Project

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb4c353a7a12e0f84991608ab338b86ec>

Meeting #157 715 8598

Password: hoCo50+

Name that Tune: One Hit Wonder

Friday, April 16, 3pm

The "One Hit Wonder", a song that achieves mainstream popularity and success for only a moment. Join us for this fun interactive guessing game as we guess these one time popular songs.

Presented by Ellen Brown

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m2f6da6e53ab530de4049ec0e28525c11>

Meeting #157 657 0640

Password: hoCo50+

Artist Trading Card (ATC) Series & Swap - Class 3

Monday, April 19, 11am

Join us for the final installment of our ATC art series and swap. In this class we'll share and highlight some of the pieces that were submitted, discuss what we've learned, and share ideas on how to continue the fun! For any questions please email Regina at rjoffe@howardcountymd.gov or Joyce at jnagel@howardcountymd.gov.

Presented by Regina Joffe and Joyce Nagel.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m337fdcc47ca34bcf06f4bd79d8ad2fe4>

Meeting #157 059 0041

Password: hoCo50+



Computers & Technology

Figure Out Your Phone

Wednesdays, April 7, 21, 3:30pm

Join students and learn one on one how to figure out your iPhone or android. Learn what your phone can do and how to do it. These students have a volunteer organization dedicated to assisting older adults with technology. Tune in and get the help you need and want!

Presented by Ramsey Sheibani, Robert Finegar and Keon Parsa

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m45802c78839780c057521a687ea43dbb>

Meeting # 157 984 8383

Password: hoCo50+

Overview of HCLS's eBook and eAudiobook Resources

Thursday, April 22, 1pm

Confused about the difference between Overdrive and Libby? Looking to read your favorite magazines on your tablet? Join us to discover HCLS' collection of free eBooks, eAudiobooks, and eMagazines. Whether you are a first-time user or are in need of a refresher, this session is for you. Learn how to navigate to the various resources, how to search for a title, and the steps for downloading to your device.

Presented by Victoria Riese, Assistant Manager, Glenwood Branch HoCo Library

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mabd64d873577b8c39d498ba4b695ad80>

Meeting # 157 045 3903

Password: hoCo50+

Tech Tuesday

Tuesday, April 27, 11am

Let's talk about Amazon! Learn how to better navigate this behemoth of a site so that you can save money and take advantage of great features that Amazon has to offer.

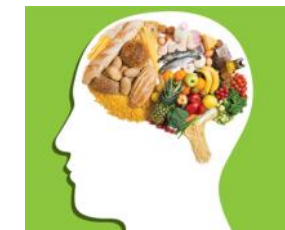
Presented by Lucky Sohi

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me1de880569bdfa7f79022d31f0fea277>

Meeting # 157 505 0067

Password: hoCo50+



Food, Nutrition and Cooking

Nutrition Consultations

Thursday, April 1 from 9:00-11:00 am

Monday, April 5 from 4:00-6:00 pm

Description: Our Registered Dietitian, Carmen Roberts, is available for virtual nutrition consultations (via video or phone). During this 30-minute session, she can answer your questions about diet, nutrition, and the impact of food on your health. Questions? Call Cheryl Campbell at 410.313.0387.

Click link to: [Register For A Virtual Nutrition Consultation](#)

Nutrition Solutions for Alzheimer's Disease and Dementia Care

Thursday, April 1, 12pm

Are you caring for a loved one with AD or dementia? Our nutritionist will discuss common problems that may occur at mealtime, how to treat and prevent nutritional deficiencies, and the role of diet in AD prevention.

Presented by Carmen Roberts, R.D.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m879eb0bd03e12261eec6ac0650518422>

Meeting # 157 073 3629

Password: hoCo50+

Food, Nutrition and Cooking

Cooking with the Instapot or Power Pressure Cooker

Tuesday April 6th at 2pm

Join Rachel and Cathy for these fun recipes: homemade yogurt, lemon curd, and learn a few other great ideas to make.

Presented by Cathy Burkett and Rachel McCracken

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mcc03e545fb7de5bf379bb906a105424a>

Meeting #157 012 3629

Password: hoCo50+



Tasty Tidbits: Springtime Salads

Monday, April 12, 2pm

Springtime salads are colorful, fresh and full of flavor! Brighten your day and add some pep to your step with these light and tasty options.

Presented by Ann Moise

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md1e7fb86d27b2be9612bc6ae416cf717>

Meeting #160 824 2385

Password: hoCo50+



It's Easy Being Green: Foods for a Healthier Planet

Tuesday, April 13, 1pm

Earth Day is April 22. Since 1970, it has grown into a global event recognized by over 192 countries. Celebrate with Jill as she demonstrates some "green" recipes showcasing sustainable, plant-friendly foods that will make both you and the planet healthier.

Presented by Jill Rose

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8ffd4cc6e5587973abb6aba537d4af4a>

Meeting #157 517 9175

Password: hoCo50+



Ask the Nutrition Experts: Eating while Traveling

Thursday, April 15, 12pm

Headed on a road trip this spring or summer? Our nutrition experts will review the best options for eating healthy while on the road. Join this interactive dialogue with your nutrition questions.

Presented by Carmen Roberts R.D., Nutrition Specialist Cheryl Campbell

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m2c7df5cf9f41c45d842e276b0a5e2391>

Meeting #157 523 2024

Password: hoCo50+



Chocolate Chip Cookie Bake-Off

Wednesday, April 21, 2pm

The popular chocolate chip cookie can be made in a variety of ways with many different ingredient combinations. During this cooking demo we are going to compare the famous Toll House chocolate chip cookie recipe with a recipe for vegan chocolate chip cookies.

Presented by Intergenerational Volunteer Josie Stubs and Felicia Stein

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8f66a85561aeeaf640f4f7f89283718e>

Meeting #157 125 6770

Password: hoCo50+



Health & Wellness

Healthy Living for Brain and Body

Wednesday, April 7, 1pm

Join Yolanda of the Alzheimer's Association as she talks about putting together the pieces of the puzzle that keep our brains and body healthy and active. Learn how to maintain a healthy brain through balanced lifestyle choices.

Presented by Yolanda Wright, MSW, LMSW

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m4107da5aa5b209d955d345f350c1eeac>

Meeting #160 159 8722

Password: hoCo50+

Cancer Focus: Male Pelvic Floor Health: Before, During, & After a Diagnosis

Tuesday, April 13, 2pm

Prostate, testicular, bladder, anal, rectal, and bone cancers all effect male pelvic floor health. Join Jenny Santucci, PT, DPT as she discusses preventative, proactive, and pelvic health therapeutic measures men can take through all stages of a cancer diagnosis.

Presented by Jenny Santucci PT, DPT

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m3cdeae12580617a9163df10382cac17a>

Meeting #157 744 8806

Password: hoCo50+

Managing Your Chronic Stress

Tuesday, April 13, 2pm

Join retired clinical psychologist, Dr Sam Stern, as he reminds us of the importance of protecting our mind, body and brain from the effects of chronic stress. Learn how to shield yourself from the negative effects of chronic stress using an easy-to-remember acronym to help you better manage stress.

Presented by Dr. Sam Stern

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m99fd96141f8187e210ea2e7c28ab3554>

Meeting #157 470 6021

Password: hoCo50+

Covid Talk with Kelly Kessler

Friday, April 23, 1pm

Join us for an update on the Covid response in Howard County.

Presented by Kelly Kessler, Bureau Director, Population Health at HoCo Department of Health

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m743db67665159e114069bd7c257c3b96>

Meeting #157 184 0888

Password: hoCo50+

Dining with Diabetes: a 4-part series

Monday, April 26, 1 pm

This informative and practical program introduces strategies to manage your diabetes through menu planning, portion control and label reading. This final program focuses on Vitamins, Minerals and Fiber. Sponsored by the Maryland Cooperative Extension Service.

Presented by Karen Basinger, MS, LDN, CFCS

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m3ee5d2435b25b13fb6eeacdd3d60ea4c>

Meeting # 157 403 2776

Password: hoCo50+



Focus on
Cancer



History, Culture, Current Events

Baltimore Museum of Industry: Baltimore in the 19-Teens

Tuesday, April 6, 11am

Baltimore had been rebuilt after the Great Fire of 1904, hosted a Democratic presidential convention, erected sky-scrappers and then war and Spanish flu took hold. Delve into this unique period between Edwardian 1910 and the post war 1920s. A decade of great expectations ended in war, fatigue and pandemic illness, setting the stage for the cultural revolution we call the Roaring Twenties.

Presented by Jack Burkert, Facilitated by Mike Kuethe

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb8ddfb7a737204ba996ea1c40499dbfd>

Meeting # 157 788 0297

Password: hoCo50+

Ted Talk

Thursdays, April 8 & 22, 11am

Join us for one to two TED talks followed by discussion. Topics vary each month.

Facilitated by Lucky Sohi

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m01a0d55e5d9c138d5a4cf4315bc75c40>

Meeting # 157 621 6936

Password: hoCo50+

The Stalingrad Campaign

Wednesday, April 14, 1pm

The Battle of Stalingrad (23 August 1942 – 2 February 1943), Germany and its allies fought the Soviet Union for control of the city of Stalingrad (now Volgograd) in Southern Russia. Marked by fierce close-quarters combat and direct assaults on civilians in air raids, it is one of the bloodiest battles in the history of warfare, with an estimated 2 million total casualties.

Presented by Tim Mulligan

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mddd8693f7426f27c91a95eccbcb127c2>

Meeting #180 716 4762

Password: hoCo50+

Food Traditions & Shortages in the American South, 1860-1867

Thursday, April 15, 1pm

During the 1860s, Southerners of all races and classes faced shortages and struggled to keep food on their tables. This discussion will explore what people in the South actually ate, and how those accustomed to elegant meals with luxurious ingredients, turned to substitutions and imbued these materials with patriotic and nationalistic significance. Poor whites and African Americans bore the brunt of these shortages, relying on limited rations and charity. These struggles fostered strength and resilience among the population.

Presented by Anne Sarah Rubin, Professor of History, University of Maryland, Baltimore County,

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m421db36b3bb201749d0f9181f0ddf49f>

Meeting #157 812 2818

Password: hoCo50+

Thinking about Flying a Drone?

Tuesday, April 20, 1pm

Calling all those fascinated by flight! If you have ever considered flying a drone, please join us to learn the history and use of drones, and how they have transitioned into a popular hobby today! This introduction to drone flying covers important safety considerations and "rules of the sky" when operating a drone.

Presented by Walter Seymour

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m1b9f6bcca5d9b94d3b55b2c40aceeb85>

Meeting #157 212 7341

Password: hoCo50+



TED
TALKS



History - Culture - Current Events

DAR Museum Domestic Interiors

Friday, April 23, 11 am

Explore how domestic interiors reflect changes in American society from the late 17th century through the early 20th century using the DAR Museum period rooms.

Presented by Ann Corbett, Volunteer Docent Images courtesy of DAR

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mda70b57cd9fa35cddb14186f9331971>

Meeting number: 157 074 9259

Password: hoCo50+



Hobby - Home - Garden

Opening Day: Go O's!

Thursday April 1, 11am

Enjoy lighthearted Orioles trivia and history as we celebrate opening day for our beloved hometown team, the Baltimore Orioles! All are welcome; whether you are a lifelong O's fan, or someone who just wants to learn more about the team. This is Birdland – play ball!

Presented by Nick Keplinger and Ro Hayes

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me8a7afc712f74d5777847542eaa517dc>

Meeting #160 808 5545



Maryland Master Gardener: Bay-Wise Landscaping

Monday, April 5, 3pm

Landscaping for a cleaner Chesapeake Bay is about making simple everyday choices that support a cleaner and safer environment. This talk will discuss how homeowners can create a desirable and sustainable landscape while reducing the pollutants flowing into the Bay.

Presented by Maryland Master Gardener Richard Freas

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m68d93a320aa18ca82e28da6aa100c578>

Meeting #157 115 7136

Password: hoCo50+



Paper Crafting

Thursday, April 8th, 2 pm

Join Cathy and Regina from the North Laurel 50+ Center as we share some fun paper crafting tips and tricks. Bring your own projects to share with us so we can learn too!

Presented by Cathy Burkett and Regina Joffe

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m6015d81e7aa7ed2537a345c274dd71b9>

Meeting # 157 600 4670

Password: hoCo50+



Genealogy with Dottie - Who's Using Your DNA Results

Monday, April 12, 11 am

Little did you know when you decided to take a DNA test to help discover more about your ancestors, that it would also be used to discover new medicines and recently aid in solving crimes. There are pro's and con's as to how this use without your knowledge can affect you and your family. Are you pro or con?

Presented by Dottie Aleshire

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mff1b53c9b3abd931845670df29d1e4b0>

Meeting #157 695 7140

Password: hoCo50+



DIY Spring Pillows

Thursday, April 15, 2 pm

Join Regina for a quick and fun DIY using paint, pillow covers and yarn to create a custom spring pillow. Learn how to make clay buttons to decorate your pillow too.

Presented by Regina Jenkins

Click link below to join

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8a9683e8a9b3f97953f0a462d7d07adb>

Meeting # 157 670 2526

Password: hoCo50+

Spring Has Sprung! With Carrie Engel of Valley View Farms

Wednesday, April 21, 11am

Join Carrie for advice on spring gardening, tackling your to-do list, and a discussion of new plants for the garden.

Presented by Carrie Engel

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m7c5f7c505bfd3a40bced516d916942b7>

Meeting # 157 685 2246

Password: hoCo50+

Genealogy: City Directories

Monday April 26, 2pm

Join Bill for a presentation on City Directories. A rich source of information, directories can fill in the blanks between censuses and provide excellent analytical opportunities. There will be something for beginners through veteran genealogists to enjoy and learn.

Presented by Bill Amos

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mdf66fd0fca2e76e2ad02bed9bd5a7593>

Meeting # 157 736 2263

Password: hoCo50+

Maryland Master Gardener: Microgreens

Wednesday, April 28, at 1pm

This presentation will show you how easy it is to grow nutrient dense micro-greens. The discussion will include which the easiest microgreens to grow, seed resources and equipment needed.

Presented by Maryland Master Gardener Kent Phillips

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m50c26c49b81bf00bf28daede5ae58b9>

Meeting # 157 371 9238

Password: hoCo50+

Earth Day with the US National Arboretum

Thursday, April 29, 1pm

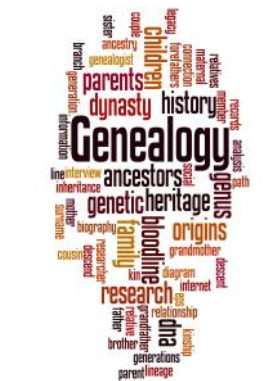
Join us for a virtual tour of the US National Arboretum's Asian collections with horticulturist Matt Millage. He will give a brief history of the development of the garden, and how a large percentage of the plants were wild collected from remote parts of Asia by USNA staff. Learn about the role the USNA plays in protecting plant diversity and genetics for future generations. We will finish with a "What's in Bloom" live tour of the collection.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m5d55abc64a0a7af1ab1f54623de8dcd1>

Meeting # 157 573 3005

Password: hoCo50+



Six Words to Honor our Mothers

Wednesday, April 28, 2:30 pm

The second Sunday in May is the traditional day for honoring Mother's, we're gathering for a "Six Words" session to honor and highlight the role of mothers. Join us and take the challenge to put in six words what any mom has meant in your life. Sentences will be included in the PowerPoint created for the May 4th Mother's Day recognition program.

Presented by Karen Hull

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m9f45d9b520d98a53cd5a6eabe58c738b>

Meeting # 157 085 0620

Password: hoCo50+

Book Club

Thursday, April 1, 1 pm

A good book can change our perspective and broaden our horizons. If you love to read, join us for conversation and connection over a good book! In April we will discuss *The Splendid and the Vile* by Eric Larson. For May 6th, our book selection is *Nomadland*, by Jessica Bruder.

Facilitated by Jeannie DeCray

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m74cf35b0d0cbbc0d2c899c09395734ba>

Meeting #157 535 7422

Password: hoCo50+

Poetry with Sierra: Caged Bird

Monday, April 5, 2pm

In celebration of National Poetry Month, Sierra will discuss *Caged Bird* by world renowned author and poet Maya Angelou. Delve into the meaning and symbolism represented within this poem. An audio version of the poem will be shared with discussion to follow.

Presented by Intergenerational Volunteer Sierra Larson

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mfb35e7a3a4b0f74e2c97b34a7963235b>

Meeting #157 657 3830

Password: hoCo50+

Much Ado About Haiku

Friday, April 16, 12 pm

A haiku potluck! Bring your original spring or nature-themed haiku to celebrate National Haiku Day (April 17). Haiku is a non-rhyming form of Japanese poetry that normally consists of 3 lines with a syllable pattern of 5-7-5. Learn about the history of haiku and some examples of the artform, and we hope you'll share your haikus with us!

Presented by Jill Rose

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m69a2a9626a7e887011997f124613c09e>

Meeting #157 753 9210

Password: hoCo50+

The Tiny Book Club

Tuesday, April 20, 3pm

It's back!! Want to join a book club, but don't want to read a tome? Join us! We will focus on both fiction and non-fiction books that are about 150 pages long. April's book is "The Old Man and The Sea" by Ernest Hemingway and the book for May is "An Elderly Lady Is Up to No Good" by Helene Tursten.

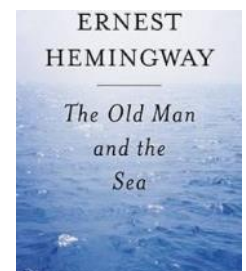
Facilitated by Lucky Sohi & Jodi Bargamian

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=maf479beac9e2d6b700aebb534d8b8602>

Meeting #157 548 3597

Password: hoCo50+



Science - Nature

National Park Series: Bryce Canyon

Friday, April 9, 2 pm

Join a ranger from the Bryce Canyon Education Team as they take us OUTSIDE (weather permitting) to view the wonders of Bryce Canyon live as they present information about the park.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me5ecd1ab6da732a5154ef20eb58651ff>

Meeting # 157 705 1934

Password: hoCo50+

Social Engagement

Live from Center Staff

Grab a cup of coffee, tea or a snack and join team members from various 50+Centers for conversation and connection. Stay informed and share your thoughts.

Tuesday - East Columbia 50+ 9:30 am **Thursday** - Bain 50+ 9 am

Wednesday - Ellicott City 50+ 1:00 pm **Friday** - N. Laurel 50+ 9:30 am

Click link below to join Live From East Columbia Staff / Bain Staff / North Laurel Staff

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m6cd9b38ea9bf9450c0f79b1825f912cb>

Meeting number: 157 086 0429

Password: hoCo50+

Click link below to join Live From Ellicott City Staff:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mfc93384df7326c4e87d8b612b4b12974>

Meeting number: 157 596 9387

Password: hoCo50+ Call in Option: 1 650 - 479 - 3207

Connections Conversation

Mondays, 9:30 am

Join us for a time to connect and share what's on our minds. Just need to hear another voice? We are here for you.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mfd825a8761f43cbbcd5208f91f0213d5>

Meeting number: 157 582 5504

Password: hoCo50+

Connections Corner

Tuesdays, 11 am

Join the Social Day Program Staff for a fun and engaging, 45-minute, virtual program. While open to all, it is designed for persons who may need additional support due to cognitive or physical impairments. Weekly program consists of trivia games, exercise, music, bingo, and more, designed specifically for this population. A caregiver may need to be available to provide computer assistance. Questions? Contact 410-313-5442 (voice/relay).

Click link below to join:

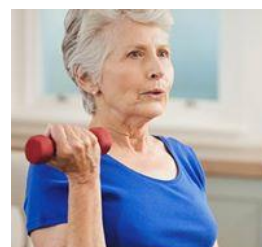
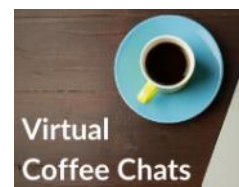
<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mdda70b57cd9fa35cd9bb14186f9331971>

Meeting number: 157 074 9259

Password: hoCo50+

Kindred Spirits Social Club

Have you or someone you know been diagnosed with Alzheimer's or another type of memory disorder and is early stage? Kindred Spirits Social Hour is a social engagement program for persons to come together to share their stories and engage in activities designed for their abilities. The Glenwood Social Day staff welcomes your loved one to join this weekly program that features conversation, support, and activities. A caregiver may need to be available to provide computer assistance. Contact Judy Miller at 410-313-5441 or jumiller@howardcountymd.gov



Support Services

MAP: Tax Credits

Wednesday, April 7, 3pm

What Tax Credit Programs Do You Qualify For? Learn more about the different tax credit programs to help with property taxes (Aging in Place and Senior Tax Credit), rental credit, and credits to make your home accessible.

Presented by Emily Leclercq

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mdcd41166436be1fe94fb8b3fd2c49828>

Meeting #160 996 6263

Password: hoCo50+

Ask the Officer

Wednesday April 14, 1pm

From vaccine clinics to reopening public businesses and services, what roll does the Howard County police department play in ensuring public well-being and safety? Howard County police Officer William Kreitzer will be available to answer your questions and concerns.

Presented by Officer William Kreitzer

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m455b03c239ae5200aed3e6c95c626630>

Meeting #157 083 2302

Password: hoCo50+

The Basics of Emergency Preparedness

Wednesday, April 21, 1pm

The Howard County Office of Emergency Management (OEM) will be presenting on the basics of emergency preparedness. We will discuss the four steps to preparedness: Get informed, Make a Plan, Build a Kit, and Be Involved. We will also discuss OEM's duties and what we do as emergency managers.

Presented by Sam Durbin

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m637b893cc61807a15f2e056aac8289cd>

Meeting # 157 220 1249

Password: hoCo50+

Law Day: Take Action and Enact Your Decisions

Friday, April 30, 10 am - 1 pm

Presentation at 10 AM with individual virtual appointments through 1 PM

FREE Medical Decision Document Preparation ensures that your preferences for medical treatment are honored should you become incapacitated or unable to express your wishes. Volunteer attorneys will offer individual preparation of Maryland medical decision documents free of charge following the presentation. Contactless and Secure

To Schedule an Appointment: 410-313-0380

Travel

Exploring Denmark and the Netherlands

Tuesday, April 27, 2pm

Join Rachel as she shares her travel experiences through Denmark and the Netherlands. Enjoy the tour as she takes us through Copenhagen and Tivoli Gardens, as well as the Netherlands; Amsterdam, Rotterdam, Delft, Gouda and The Hague.

Presented by Rachel McCracken

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mcd513e1906ed1eb7fe3b63e2ccf3e417>

Meeting #157 198 2436

Password: hoCo50+





NEW! VIRTUAL GROUP SCHEDULE

Weekly sessions, unless otherwise noted.

The SeniorsTogether groups below will meet VIRTUALLY until further notice.

The 50+ Center name designated next to each time slot is a **reference point only** to the original meeting place. Participation is free and all groups are facilitated by older adult peers.

MONDAYS

THINK POSITIVE GROUP

1:00 to 2:00 p.m. (Met at Elkridge 50+ Center)

Learn and discuss ways to make positive thinking a daily practice and support each other on the journey.

CAREGIVER SUPPORT GROUP

7:00 to 8:30 p.m. (Met at East Columbia 50+)

(3rd Monday of the month)

For adult caregivers caring for another adult. Focuses on practical needs, resources, social networking, emotional support and downtime.

TUESDAYS

LOW VISION SUPPORT GROUP

1:00 to 2:15 p.m. (Conference Call Only)

Ongoing support for those with low vision; explore options, share ideas and learn new ways to maintain independence.

WEDNESDAYS

OPEN MIND GROUP

9:30 to 11:30 a.m. (Met at Elkridge 50+)

In-depth, civil discussions on a wide range of topics to promote greater understanding of the values and experiences that inform us.

THURSDAYS

NEWTALK

10:00 to 11:30 a.m. (Met at North Laurel 50+)

Lively discussion group focusing on current news locally, nationally and globally.

BRAINTEASERS

12:30 to 1:30 p.m. (Met at Bain 50+)

Challenge your mind, strengthen memory using games, puzzles and other activities.

FRIDAYS

TRENDERS

1:00 to 2:30 p.m. (Met at Bain 50+)

A lively, open-minded discussion group with a loosely structured agenda.

 Howard County Office on
Aging and Independence
Department of Community Resources and Services

www.howardcountymd.gov/aging

TO REGISTER OR FOR ADDITIONAL INFORMATION, CONTACT

Karen Hull TELE 410-313-7466 (VOICE/RELAY)
EMAIL khull@howardcountymd.gov

Elaine Widom TELE 410-313-7353 (VOICE/RELAY)
EMAIL ewidom@howardcountymd.gov

If you need this in an alternate format, or accommodations to participate, contact MAP at 410-313-1234 one week prior to a scheduled event.

Celebrating Older Americans Month
"Communities of Strength"

THE 2021

MOSAIC PROJECT

A Virtual Workshop Series: SEASONS

Learn basic techniques of mosaic-making and complete a personal piece, plus an individual element to be combined into a large-scale installation at the Gary J. Arthur Community Center/Glenwood 50+ Center.
Participants must be Howard County 50+ Center members to register.

SPACE IS LIMITED • \$20 SUPPLY FEE • REGISTER TODAY!

Virtual Information Session: Friday, April 16 • 10 AM

Contactless Supply Pick-Up: Thursday, May 6 and Friday, May 7 • 10 to 11 AM

Supply pick up: East Columbia 50+ Center

6600 Cradlerock Way, Columbia 21045

VIRTUAL ART MAKING SESSIONS

Fridays • May 14, 21 and June 4, 11 • 10 to 11:30 AM

For MORE INFORMATION, contact Rachel McCracken at rmccracken@howardcountymd.gov

To REGISTER for this program, call 410-313-0380 (VOICE/RELAY)



www.howardcountymd.gov/aging

If you need this information in an alternate format or need accommodations to participate, call Maryland Access Point at 410-313-1234 (voice/relay) at least one week in advance.



Let us all work together every day to save our earth!

Celebrate EARTH DAY 2021 with a vegetarian EARTH-FRIENDLY meal from Royal Taj Restaurant!

Set up in a socially-distant and safe manner, you are invited to pick up your lunch.

Alu Gobhi¹ • Dal Makhani² • Basmati Rice • Tandori Naan • Sliced Apple and Orange

¹ Alu Gobhi is cauliflower, potatoes, onions and mild spices | ² Dal Makhani is black lentils

To register and secure your reservation pick up*

Follow the link to bit.ly/EarthDayHoCo OR

Call the Howard County Nutrition Line at **410-313-3640** (VOICE/RELAY)
between 9:00 AM and 3:00 PM from Monday, April 5, through Friday, April 9.

LUNCHES ARE LIMITED TO THE FIRST 125 REGISTRANTS

MEAL DISTRIBUTION PICK UP

Tuesday, April 20

11:30 AM TO 1:00 PM

» **Royal Taj Restaurant**

8335 Benson Drive, Columbia 21045

PRESENTED BY THE



Howard County Office on
Aging and Independence

Department of Community Resources and Services

www.howardcountymd.gov/aging



* Each person must register individually to receive a meal.

Eligible individuals must be 60 and older.
Spouses of any age are welcome to participate.

Individuals are encouraged to contribute to the cost of the meal, which is \$17 per person.

Anonymous donation envelopes will be provided on-site.

If you need this information in an alternate format, or need accommodations to participate, contact the Howard County Nutrition Line at 410-313-3640.

2021 MARYLAND LAW DAY



**Take Action and
Enact Your Decisions!**

Friday, April 30

Virtual Presentation at 10:00 AM

Individual Virtual Appointments through 1:00 PM

HOWARD COUNTY LAW DAY

FREE Medical Decision Document Preparation

Professional document preparation for medical decisions ensures that your preferences for medical treatment are honored should you become incapacitated or unable to express your wishes. Volunteer attorneys will offer individual virtual preparation of Maryland medical decision documents.

This is a contactless and secure service.

To schedule an appointment, call 410-313-0380

 Howard County Office on
Aging and Independence
Department of Community Resources and Services

www.howardcountymd.gov/aging

If you need this information in an alternate format or need accommodations to participate, call Maryland Access Point (MAP) at 410-313-1234 (VOICE/RELAY) one week in advance.

COMMUNITY PARTNER PROGRAMS

Join with the [Howard County Local Health Improvement Coalition](http://www.hclhic.org) (HCLHIC) and member organizations as we take part in community-wide efforts to improve health and reduce health disparities here in Howard County. Learn more at www.hclhic.org.

Events listed below are provided by HCLHIC member organizations. If you have any questions about these events, please contact the event organizers directly.



Maryland Highway Safety Office: Be the Driver Who Saves Lives Series

Maryland's Highway Safety Office is proud to partner with the Howard County Health Department and the Local Health Improvement Coalition to bring you a series of webinars that focus on safe driving behaviors as we work toward our goal of reaching zero deaths. Join each of these sessions for revealing discussions about how drivers and pedestrians can make decisions that save lives on Howard County's roadways.

Speeding and Aggressive Driving

Wednesday, April 21, 2021; 11:00 am – 12:00 pm

This presentation will cover some of the science behind speed as well as provide some data and facts about speed, its causes, and how society views it.

Registration is required: <https://bit.ly/3t6val9>

For questions or more information, email LHIC@howardcountymd.gov



Front Line Tools to Protect Your Health and Fight Off Chronic Disease

Join Howard County Local Health Improvement Coalition members, Giant Food, Howard County Library System, and the Howard County Health Department, Bureau of Health Promotion, in this nutrition webinar series that will help you identify lifestyle strategies to help you meet your personal health goals.

Aging Gracefully

Wednesday, April 28, 2021; 11:00 am – 12:00 pm

This class will help you identify gradual and straightforward lifestyle strategies that will help you meet your personal health goals and keep your brain healthy for aging gracefully.

Registration is required: <https://bit.ly/3obrBz5>

For questions or more information, email askhcls@hclibrary.org



CAREAPP – Connecting People and Programs in Howard County

CAREAPP is a Howard County Health Department sponsored website that connects people to community programs and services. Search over 1,700 programs serving Howard County. Visit FindHCResources.org.

For questions or more information, email askhealth@howardcountymd.gov

WebEx General Tips and Information

The exercise and class offerings in this e-blast are accessible through WebEx. Click on the link provided, enter the meeting access code and participate. Use password Hoco50+ for all free classes. There is a separate password sent out at the end of the month to individuals who purchase Fitness Pass. While in a class, please place your speaker on mute to reduce the feedback for the instructor and class. Below is general information on WebEx. <https://www.webex.com>

- WebEx is free to use as a class participant.
- You do not need a WebEx account.
- You will need a regular email address to sign in.
- Make sure your battery is fully charged on your device or plugged in.
- If the link you are using says there is an error, go to Webex.com, on their page in the top right corner is "join", click join. WebEx will ask you for meeting information, and you type in the 10 digit meeting code for your class. It will ask you for your password, enter. FYI - It may ask for your password 2-3 times.
- Make sure you have a good internet or cell connection.
It is recommended that you use **Chrome** as your browser.
- Find a table, desk or counter to set up your device so you can see properly.
- Go to your App Store and search Cisco WebEx Meetings.
- Choose the app and start the download.
- Find the newly downloaded app and click on it.
- Click "Join Meeting."
- To join, it will ask you for the meeting number which you can find next to the class name.
- Then click "Join" or "Enter."
- It will ask for a password which is Howard50+ unless you are doing a Fitness Pass Class.
- Now you have entered the meeting.
- Anytime your buttons are black (microphone and video icons) you can be heard and seen.
- It is best to leave these in off mode (the buttons will be red) most of the time to minimize disruption to class. You will still be able to see and hear the instructor.
- If you click the ellipsis button, various options pop up and from there you can click the "Chat with Everyone" button, or "Turn Speaker On/Off."

If you have a specific question regarding WebEx, please reach out to Lucky Sohi, 410-313-4832 or lsahi@howardcountymd.gov. To schedule an individual appointment for assistance, please email Virtual50@howardcountymd.gov

Red = Microphone Off Green = Microphone On

